



Talking with CEO Norm Mitry



Although the pandemic may be “officially” over, healthcare providers throughout the region continue to face significant staffing and operational challenges, and Heritage Valley Health System is no exception. In order to continue providing quality healthcare to our community, Heritage Valley will be making some operational changes and consolidating certain healthcare services.

Heritage Valley Kennedy Hospital is now an official campus of Heritage Valley Sewickley. Surgeries involving inpatient stays lasting longer than 23 hours will no longer be performed at Heritage Valley Kennedy and will instead be transferred to Heritage Valley Sewickley or Heritage Valley Beaver. Admissions requiring complex ongoing medical care, cardiac interventions and Intensive Care Units will also be transferred to Heritage Valley Sewickley or Heritage Valley Beaver. An ambulance will be on-site for transporting these acute care patients.

The Kennedy campus will continue to maintain an Emergency Department; Diagnostic Services (CT Scans, MRI, SleepCare, Ultrasound and X-ray), Laboratory; Outpatient Rehabilitation; Outpatient Cardiology treatments and procedures; Support Services; Observation beds (23-hour stays); Outpatient Surgical Services (OR, PACU and GI Lab); Inpatient Rehabilitation; Behavioral Health Services (Adult and Geriatric); School of Radiography and School of Nursing. The Heritage Valley Senior Living Community, located directly across the street from the Kennedy campus, will continue to provide Independent Care, Personal Care and Memory Care services.

Another operational change is that, by the end of September 2023, Maternity Care/Obstetrics will no longer be offered at Heritage Valley Sewickley. Unfortunately, due to the impact of COVID-19 and decreased birth numbers, the unit has not sustained volumes to a consistent level for financial stability. A plan is in place to transition all Maternity Care / Obstetrics services to the Heritage Valley Beaver campus.

As you can imagine, these were very difficult decisions. We appreciate your support as we make these changes to more efficiently serve our patients. We are glad that you and Heritage Valley remain Uniquely Connected. For Life.

Norman F. Mitry
President & CEO, Heritage Valley Health System

New Hours for Convenient-Care, Lab & Diagnostic Imaging Located in Medical Neighborhoods

We recently made a change to the operating hours of the ConvenientCare walk-in clinics, labs and diagnostic imaging centers located within the Heritage Valley Medical Neighborhoods. These services will now close as follows:

- Monday – Saturday at 7:30 pm
- Sunday at 3:30 pm

Please note that holiday hours will vary.

Heritage Valley ConvenientCare Walk-in Clinics provide quality health care where and when you need it. No appointment needed! Our friendly, experienced staff provide treatment of minor illnesses and injuries, as well as routine care such as physicals and immunizations, seven days a week. Information about your visit is available to your Heritage Valley physician immediately, and our medical records system will quickly send your prescription to your pharmacy. Plus, your visit information and any test results will be available on Health Link, Heritage Valley's secure online patient portal.

For more information and a list of our seven ConvenientCare locations, please visit heritagevalley.org/services/convenientcare/.

Getting your Heart back into Rhythm with Hybrid Ablation



For patients who have had symptomatic AFib* for over a year, and for whom medications and ablation did not work, Heritage Valley has an option. Our Electrophysiologists and Cardiothoracic Surgeons perform a procedure called Hybrid Ablation, which combines treatment of both the inside and outside of the heart to block abnormal electrical signals and restore normal heart rhythm.

Hybrid Ablation is a minimally-invasive treatment that combines both surgical and catheter-based techniques. Since only a few small chest incisions are required for Hybrid Ablation, the risk of complications is significantly reduced when compared to traditional heart surgery. This procedure also lowers the risk of stroke by closing the part of the atrium where

blood clots typically form. In addition, a successful Hybrid Ablation may help to improve your overall heart function and reduce the number of heart medications you need to take.

One step of a Hybrid Ablation involves surgery on the outside of the heart, called an Epicardial Ablation. A thoracoscope is inserted through small incisions on the chest to deliver radiofrequency electrical energy to create scar tissue at the precise spot on the outside of the heart that will block the transmission of the electrical signals causing the atrial fibrillation.

The second step, performed six to eight weeks before or after, is called an Endocardial Ablation and targets the AFib signals inside the heart. A small catheter is inserted through the groin and into the heart. The tip of the catheter delivers heat (Radiofrequency Ablation) to create scar tissue or freezes the tissue (Cryoablation) at the exact spot inside the heart to interrupt the AFib.

You may experience mild chest discomfort following the Epicardial Ablation, and typically you will remain in the hospital for two to three days so that the physicians and nursing staff can monitor your progress. Your medications may also be adjusted during this time. After the Endocardial Ablation, a one-night stay in the hospital is typical. You may be able to return to your normal routine after two weeks, depending on your progress. You may be instructed not to drive for a period of time after your procedure, and your physician will tell you when you can return to work.

So, if you have had persistent Atrial Fibrillation for more than one year and your AFib has not responded to medications or Catheter Ablation alone, please speak to your physician to see if Hybrid Ablation may be right for you.

**Symptoms of AFib may include irregular heartbeat, heart palpitations, lightheadedness, extreme fatigue, shortness of breath or chest pain.*

Heritage Valley Sewickley Wins HeartFlow CT Quality Award

We are proud to announce that Heritage Valley Sewickley has earned the HeartFlow Computed Tomography (CT) Quality Award in the 1st quarter of 2023. The HeartFlow Analysis is a first-of-its-kind non-invasive technology to aid physicians in the diagnosis of Coronary Artery Disease (CAD), the most common form of heart disease.

Recipients of the HeartFlow CT Quality Award are determined based on metrics assessing the quality and adoption of a medical facility's cardiovascular imaging program. Recipients of the award are in the top 20% of global medical centers providing patients with a better pathway for identifying and understanding their heart health by utilizing coronary CT and the HeartFlow Analysis.

The HeartFlow Analysis takes data from a patient's non-invasive Cardiac Computed Tomography Angiography (CCTA) and creates a personalized, digital 3D model of the patient's coronary arteries. It then uses powerful computer algorithms to simulate blood flow and assess the impact of blockages on blood flow to the heart. Within hours, the HeartFlow Analysis is provided to the patient's physician via a secure web interface, and provides information on the extent of a patient's arterial blockage and the impact the blockage has on blood flow to the heart.

The HeartFlow Analysis has been used for more than 170,000 patients with suspected heart disease and offers the highest diagnostic accuracy available from a non-invasive test.¹ Additionally, in clinical trials, using the HeartFlow Analysis helped identify which patients do and do not need invasive treatment.²

If you are experiencing cardiac issues, such as shortness of breath or chest pain, speak to your physician about scheduling a CCTA with Heartflow Analysis.

Robinson Township Medical Neighborhood Now Offers Positron Emission Tomography (PET)-CT Scans & Rheumatology

2201 Park Manor Blvd., Pittsburgh, PA 15205

PET-CT Scans: Positron Emission Tomography (PET)-CT scanning is now available at the Heritage Valley Robinson Township Medical Neighborhood. A PET-CT scan is an imaging test that produces multidimensional color images of your organs and tissues. These scans not only show what an organ looks like, but also how it is functioning. The test uses a small amount of a safe, injectable radioactive liquid known as a tracer.

Your healthcare provider may order a PET-CT scan to check for signs of:

- Cancer
- Coronary Artery Disease, heart attack or other heart problems

A Radiologist with specialized training in PET-CT scans will review your images and send a report to your healthcare provider. To schedule your PET-CT scan, please call **866-251-0710**.

Rheumatology: We are pleased to announce that Rheumatologist Dr. Baowei Tang is now seeing patients on Thursdays in Suite 100 in the Robinson Township Medical Neighborhood from 8:00 am – 5:30 pm.

Dr. Tang is board certified in Rheumatology and Internal Medicine by the American Board of Internal Medicine and certified in Rheumatology Muscular Skeletal Ultrasound by the American College of Rheumatology.

Dr. Tang's practice interests include complicated autoimmune diseases, inflammatory arthritis/myositis, and general rheumatologic conditions (lupus, rheumatoid arthritis, polymyalgia rheumatica, vasculitis, scleroderma, psoriatic arthritis, ankylosing spondylitis, gout, osteoporosis and osteoarthritis). He specializes in muscular skeletal ultrasound, which improves early diagnosis and treatment of inflammatory diseases.

To schedule an appointment with Dr. Tang, please call **724-773-1928**.

Heritage Valley Health System Welcomes New Physicians

Heritage Valley Health System is pleased to announce the addition of 10 physicians who bring additional expertise in a variety of specialties. To learn more about these physicians and others on staff at Heritage Valley Health System hospitals, please visit heritagevalley.org/doctors or call **1.844.769.DOCS (3627)**.



Richard Bauer, III, DMD
Oral & Maxillofacial Surgery
Oral & Facial Surgery of Pittsburgh
412-532-9720



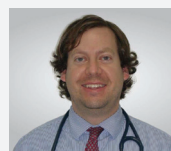
Alexa Garrison, MD
Emergency Medicine
Emergency Department



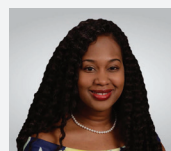
Erik Interval, MD
Otolaryngology
ENT & Allergy Specialists of Western PA
724-775-6602 / 724-302-5301



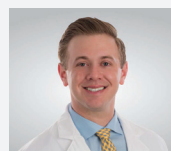
Jennifer Larsen, MD
Emergency Medicine
Emergency Department



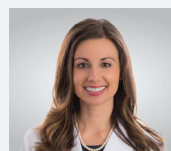
Aaron Lenhart, DO
Family Medicine
HVMG James K. Tatum & Associates
724-378-8484



Ure Mezu-Chukwu, MD
Electrophysiology
HVMG Heart & Vascular Center
412-773-4502



Christopher Murray, DO
Internal Medicine
HVMG Beaver Internal Medicine Association - Beaver Falls
724-843-4700



Courtney Murray, DO
OB/GYN
Generations OB/GYN
724-728-3575



Craig Norbutt, DMD
Oral & Maxillofacial Surgery
Oral & Facial Surgery of Pittsburgh
412-532-9720



Zachary Sheffler, DO
Family Medicine
HVMG Park Manor Medical Associates
412-749-6920



Join Our Team!



Heritage Valley Health System has opportunities available, both clinical and non-clinical, within our three hospitals, physician offices, senior living community and NorthWest EMS. We also have openings for Advanced Practice Practitioners.

Be part of a dedicated team and make a difference every day! We offer competitive salaries, excellent benefits, generous paid time off, onsite parking and more. Please visit the Careers section of our website or scan the QR code today!



HeritageValley.org



Get Connected to Heritage Valley!

There are several ways to connect with Heritage Valley! You can visit our website (heritagevalley.org); sign up for our bi-weekly electronic newsletter, E-Connections, by going to heritagevalley.org/contact/contact-information/; and download the iHVHS or aHVHS app. On the app you will find Health Link, Heritage Valley's secure online patient portal that enables you to view your test results.



Supporting Heritage Valley

At Heritage Valley, a gift of any amount is greatly appreciated. You may make your gift online by clicking on the Foundation tab at heritagevalley.org; donate through the iHVHS/aHVHS app; or mail your gift to: Heritage Valley Health System Foundation, 420 Rouser Road, Suite 102, Moon Township, PA 15108.

When you make a gift to the Heritage Valley Foundation, you can be assured that your donation goes directly to work improving patient care and supporting community health initiatives. For more information, please contact Kim Anastas, Executive Director of the Foundation, at 412-749-7966.



Volunteering is a Work of Heart

With the pandemic behind us, it is time to revive Heritage Valley Health System's Volunteer program! By donating time and skills, volunteers assist us in meeting community health care needs by supporting our staff. A number of non-clinical areas are available for volunteers, including escort, front desk, gift shop, family waiting rooms and clerical positions. We also recognize the desire for students to volunteer to learn more about health care, or to obtain community service hours for school. Students who are at least 15 years old and who have completed 9th grade are welcome to apply for volunteer positions.

All prospective volunteers, adults and students, will need to submit an application (found on our website); attend an orientation session (held every other Monday); undergo a brief health assessment; and pass a criminal background check. (No fingerprinting is required.)

If you are interested in volunteering at one of our facilities, please visit heritagevalley.org/patient-visitor-resources/hvhs-volunteers/ for more information and to find the Adult and Student/Teen Volunteer Application forms. For more information, please contact Kim Anastas, Executive Director of the Foundation, at 412-749-7966.



Uniquely Connected. For Life.SM
HERITAGE VALLEY
HEALTH SYSTEM

1.877.771.HVHS (4847)
HeritageValley.org